

was based on an index comprising the following capabilities: pick a coin that is placed on top of a table; eating and dressing.

Results: GMS index varies between 0 and 4 and FMS index varies between 0 and 3, higher values correspond to greater difficulties. The results obtained in GMS ($n = 931$, $M = 0.69$) and FMS ($n = 931$, $M = 0.31$) showed a low level of functional disability among the elderly. We found statistically significant differences regarding gender in GMS ($t(929) = -5.753$; $p = 0.000$), revealing that women ($n = 510$, $M = 0.88$) have greater limitations than men ($n = 421$, $M = 0.47$). There is a similar situation in FMS ($t(929) = -4.993$; $p = 0.000$) (women, $n = 510$, $M = 0.41$; Men, $n = 421$, $M = 0.19$). We also identified the existence of correlation between age and GMS ($r = 0.302$) and FMS ($r = 0.232$). The health status has significant correlations with the GMS index ($r = 0.408$) and the FMS index ($r = 0.318$).

Conclusions: There seems to be evidence that the capacity for mobility correlates with increasing age and deteriorating health perception.

Keywords: Active aging. Functional capability. Life quality.

SUBJECTIVE WELL-BEING AMONG OLDER PEOPLE IN SOUTHWESTERN EUROPE

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Introduction: In this communication we analyze the level of happiness of the elderly population as an important dimension of the concept of quality of life, correlating it with the subjective assessment of health status. We focus on the characterization of the Portuguese and Spanish realities.

Methods: It is a quantitative research based on the analysis of the European Social Survey (round 5) data. Only the answers of respondents over 65 years of age living in Portugal and Spain were considered.

Results: The results show that the level of happiness (measured on a scale of 11 values) is higher among the Spanish elderly ($n = 725$, $M = 7.18$) when compared with the Portuguese ($n = 270$, $M = 6.20$). In the Portuguese sample, we find the existence of statistically significant differences between gender ($t(268) = 3.20$, $p = 0.002$), being men ($M = 6.68$) happier than women ($M = 5.88$). With regard to household size ($F(4) = 3.213$, $p = 0.013$) and marital status ($F(5) = 3.711$, $p = 0.003$), there are statistically significant differences that reveal greater vulnerability of the elderly widowed that live alone concerning the feeling of unhappiness. We also identified differences in the perception of the level of happiness related with the level of limitations in daily living activities ($F(2) = 13.57$, $p = 0.000$). The analysis of relation between the level of happiness and health status reveals a positive correlation between the variables ($r = 0.339$).

Conclusions: The general conclusion of the research points out a group of factors that enhance the decline of happiness among the elderly in Portugal and Spain: being a woman; the situation of widows or divorced, the fact of living alone, limitations in activities of daily living and financial difficulties.

Keywords: Aging. Wellbeing. Life quality.

PERCEPTION OF HEALTH STATUS AMONG THE ELDERLY POPULATION LIVING IN THE HISTORIC CENTER OF PORTALEGRE

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Introduction: In this communication we present the results of an research that aimed to assess the state of health, the feeling of loneliness and quality of life of Portalegre (Portugal) senior

population. Our aim is to characterize the perception of health status among the elderly population based on three indicators: self-assessment of health status; self-assessment of the existence of changes in health status and autonomy in performing everyday tasks.

Methods: This is a quantitative descriptive and explanatory study with a non-probability sample. All data was collected through a questionnaire to 123 elderly residents in Portalegre historical area.

Results: Of the 123 elderly respondents, 69.9% were female, and 30.1% male. The average age stood at 77 years. Most elderly men are married and the status of widowhood affects mainly women. The results are in conformity with those found in other studies that identify statistically significant differences between men and women perception of health status. In fact women tend to have a worse account of their state of health when compared with men. However, there are no differences in terms of functional limitations on autonomy in performing daily life activities. Regarding the increase of age we have find a decreased of autonomy ($\chi^2(3) = 10.644$; $p = 0.014$) and a deterioration of the perception of health status ($\chi^2(3) = 6.775$; $p = 0.080$).

Conclusions: Knowing the impact that the loss of autonomy has on the quality of life of the elderly population, we recommend greater attention to the importance of maintenance activities for seniors.

Keywords: Aging. Health status. Functional capability.

IN THE ELDER ABUSE

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Introduction: The progressive aging of the population, its feminization, the increasing number of elderly people living alone and, in parallel, the weight of potential forms of discrimination based on age are aspects to take into account when (re) define policies public in order to tailor interventions to the specific needs and characteristics of this population group (Quaresma, 2012).

Objectives: Identify (evidence) abuse and discrimination for the elderly in the municipality of Guarda.

Methods: A descriptive, cross-sectional and quantitative study; non-probability sample of convenience, 135 elderly (65 or +years) residents in the municipality of Guarda. Application of instruments for collecting data through semi-structured interview, conducted at the Center for Health and Centers days; instruments: Scale Evaluación de Apoyo Social Funcional; La social discriminación Personas Mayores against them (ageism survey); elicitação abuse neglects the personas mayores (questions to elicit elder abuse).

Results: Of the 135 elderly women were the majority -79, 56.7% were married and living with spouse and own home (83.7%). It was concluded that most 61.4% apreentam low yields. Receive visits < 5 times per month, most are independent in their AVD and AIVD, 46.7% had mild depression and 90.7% have normal social support. Noting that 60 seniors recognized between 1-5 episodes of discrimination, 102 relate suffer from emotional abuse and 98 neglect.

Conclusions: The results indicate that the elderly of the study are mostly low-income women suffer from abuse and emotional abuse, followed by neglect.

Keywords: Elderly. Discrimination. Evidence of abuse.